

Tobacco Use, Mental Health, and Other Substance Use Disorders



Tobacco Prevention
and Cessation

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Tobacco dependence treatment is often left out of mental health treatment plans, even though people with mental illnesses are among the heaviest users of tobacco in the U.S. The tobacco industry has historically preyed on individuals with mental illness with targeted marketing campaigns. As a result, commercial tobacco use prevalence remains significantly higher among individuals with behavioral health conditions and substance use disorders than those without these conditions.

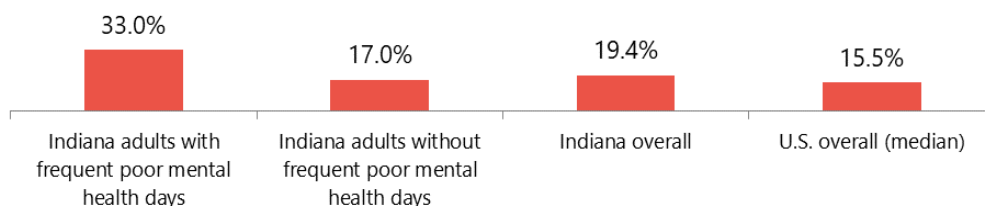
Tobacco Use among Adults with Mental Illness

- About 1 in 5 adults in the U.S. (19.0%) and in Indiana (22.5%) have any mental illness.
- In both Indiana and the United States, adults with mental illness use commercial tobacco at higher rates than adults without mental illness.

Poor Mental Health Status and Current Smoking among Indiana Adults

In addition to the higher prevalence of current smoking among adults with a diagnosable mental illness, Indiana adults reporting frequent poor mental health days (at least 14 poor mental health days in the past 30 days) have a higher smoking prevalence (33.0%) than adults who do not report frequent poor mental health days (17.0%).

Percentage of adults who currently smoke cigarettes,
Behavioral Risk Factor Surveillance System, 2020



Fast Facts

The tobacco industry specifically marketed cigarettes to people with schizophrenia and worked successfully to ensure psychiatric hospitals did not have tobacco-free grounds policies.

Due to decades of targeted marketing by the tobacco industry, tobacco use is positively correlated with higher incidence and severity of mental illness

About 1 in 3 Hoosier adults with frequent poor mental health (33%) were also smoking in 2020.

Individuals who experience trauma in early adulthood are twice as likely to smoke than those who have not experienced trauma.

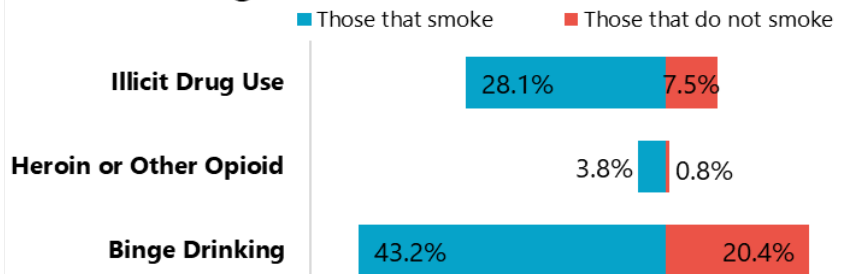
Tobacco dependence treatment is associated with a decrease in depression, anxiety, and stress and can improve quality of life!

For tobacco users interested in quitting, Quit Now Indiana (1-800-QUIT-NOW) is available to provide free, evidence-based support, advice and resources including a custom program for those with behavioral health conditions.

Tobacco Use and Other Substance Use

Among those that smoke, illicit drug use is nearly 4 times the rate of those that do not smoke. Additionally, among those that smoke rates of use of heroin or other opioids is nearly 5 times more, and binge drinking is 2 times more compared to those that do not smoke.

Smoking and Other Substance Use, 2017



Treatment for Tobacco Dependence among Users with Behavioral Health Conditions

Research shows that persons with behavioral health conditions want to stop using tobacco and often successfully recover from tobacco addiction, in spite of a myth perpetuated by the tobacco industry that tobacco recovery would be too stressful because persons with mental illness use nicotine to self-medicate.

To treat tobacco addiction among individuals with behavioral health conditions, providers and facilities can:

- Use the 5A's model: Ask about patients' tobacco use, advise them to quit, assess willingness to quit, assist them with accessing effective tobacco treatment, and arrange for follow up
- Integrate tobacco treatment into overall mental health and substance use treatment strategies
- Refer patients to an evidence-based tobacco treatment resource for extra support, such as the Quit Now Indiana (1-800-QUIT-NOW) which offers a tailored program for those with behavioral health conditions, including: Bi-Polar Disorder, Depression, Drug or Alcohol Use Disorder (SUD), Generalized Anxiety Disorder, PTSD, Schizophrenia or ADHD
- Implement tobacco-free campus policies in treatment facilities
- Stop practices that encourage tobacco use, such as allowing smoking as a reward

ReThink Tobacco Indiana is a [partner](#) of the Indiana Tobacco Prevention and Cessation Program who can assist behavioral health care providers in treating clients' tobacco use. Visit ReThinkTobaccoIndiana.org to learn more.

Resources for Ending Dependence on Commercial Tobacco

Treating tobacco dependence use can greatly improve the health and quality of life of people with behavioral health conditions. Tobacco users should contact a health care provider for assistance and call 1-800-QUIT-NOW or visit QuitNowIndiana.com for free, evidence-based support, including specific resources for those with behavioral health conditions.